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Subject: Monday Motivation: How Your Brain Can Turn Anxiety and Stress IntoCalmness and Confidence with Martin L. Rossman, MD

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Free Resource - August 22nd, 2011

Free Resource of the Day

Worrying Well: How Your Brain Can Turn Anxiety and Stress Into Calmness and Confidence

In this audio & video presentation from UCTV Martin L. Rossman, MD takes a look at good worry and bad worry and the stress and anxiety bad worry can cause. He examines what is going on in the brain with these emotions and how we can use the power of the healing mind to reduce stress and anxiety. At the end he leads the group on a guided imagery meditation for reducing stress. This talk is available on MP3 download from the UCTV website and on streaming video from YouTube.

Worrying Well: How Your Brain Can Turn Anxiety and Stress Into Calmness and Confidence

Coupon of the Day

Anxiety Relief

Get *Anxiety Relief* by Martin L. Rossman on audio download for only $6.99. Enter in the coupon code: **anxiety**. On the bottom of the payment page of checkout below where you enter your credit card information click "Apply a LearnOutLoud.com Gift Certificate or Coupon" and enter in this coupon code. Note: this coupon only works with credit cards and not PayPal. This coupon is valid for this title through next week until Monday, August 29th.

When we worry, the body prepares for fight or flight, putting in motion a chain of physiological effects that can leave us exhausted, depressed, or physically ill. Anxiety Relief shows you how to reverse these debilitating states through relaxing, rejuvenating guided imagery techniques that Dr. Martin L. Rossman has effectively prescribed to thousands. This information-packed CD session includes: deep body-mind relaxation; problem solving with the inner advisor ; and evocative imagery for converting fear and worry into positive energy.

Available on MP3 Audio Download.

Listen to a free sample of: Anxiety Relief.

Dr. Daniel Amen Psychology Downloads

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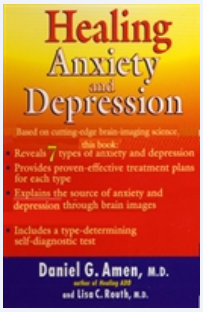

Dr. Daniel Amen Audio Downloads

Dr. Daniel Amen is a Board Certified Child, Adolescent and Adult Psychiatrist. He helped pioneer the use of brain SPECT imaging in psychiatry. He is the CEO and Medical Director of Amen Clinics, Inc. Amen Clinics have world's largest database of brain scans (>40,000) and have seen patients from all 50 states and 62 countries.

Daniel Amen is the author of over 30 professional papers, and 22 books, including the NY Times bestsellers **Change Your Brain, Change Your Body**, **Change Your Brain, Change Your Life**, **Healing Anxiety and Depression**, **Making A Good Brain Great**, and **Sex on the Brain**. Dr. Daniel Amen's high school course, Making A Good Brain Great, on "practical brain science health education" is now in 34 states and 7 countries.

Dr. Daniel Amen Audio Downloads

The Infinite Mind

The Infinite Mind Downloads

The Infinite Mind is an innovative, national, weekly public radio series focusing on the latest in neuroscience, the neurobiology of human behavior, mental illness and wellness.

Each week, the program explores exciting scientific discoveries and cultural phenomena related to our rapidly evolving understanding of the human mind. The show features dynamic discussions with world-leading experts including neuroscientists and clinicians, interviews with celebrities and public figures, special reports, listener calls, first-person accounts by those with mental disorders, author readings, and musical performances.

Through its week-in and week-out coverage of the mind, the show has helped develop a meaningful national dialogue on neuroscience and the mind. The series has one of the most loyal followings in public radio with one million weekly listeners in more than 240 markets across the country, including five of the top 10 cities.

The Infinite Mind Downloads

Contact Information
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